



## PRESIDENT'S NOTE

What a great turnout for the February Luncheon and Chris Friday's presentation. We had a record number of people - ninety people were there which is about twenty more than we usually have. I heard many positive comments about Dr. Chris Friday's presentation, and about how great it was to have the two food lines so that all got our lunches more quickly. The double food lines are possible if we have more than seventy-five people.

Several days before the luncheon, WWURA sent out an e-mail to remind members about the luncheon and to tell them about a possible trip to Ashland's Shakespeare Festival and about our Land Cruise, which was not in the newsletter. We believe that one of the reasons for the large turnout was the e-mail reminder about the luncheon, cruise and the trip to Ashland. The number of reservations nearly doubled after the e-mail. If you can receive e-mail and would like to receive reminders or information about events, please call or e-mail Pauline Palmer (734-4425 or e-mail [ofelia@att.net](mailto:ofelia@att.net)) our Membership Chairman with your address.

On February 20th fourteen WWURA members went on the Land Cruise to Semiahmoo's Blue Heron Restaurant. We had a good time chatting with each other and had a delicious Italian meal. The Bridge Group had it's first meeting to play bridge at Ellen Broad's home on Tuesday, February 26. The next meeting is March 25th at Stan Daugert's. If you are interested, please call Ellen Broad.

Please be sure to read the notice from the Nominating Committee in this newsletter and consider volunteering for a position on the Board of Directors or on one of the committees. It is a rewarding (and fun) way to become more involved in our growing organization.

## TRAVELOGUE: March 19

Wade Marlow of Blue Horse Gallery will present "An Artist's Trip to Egypt". The presentation will include images of sights around Giza, Luxor, Aswan, and Abu Simbel, The amazing sculptures and temples were inspiring and we will go back with lessons learned from a sometimes challenging environment. Wade Marlow has organized trips for artists to Europe since 1995. This was his first trip to Egypt.

Place, time and refreshments:

Squalicum Yacht Club

6:30 - Socializing; 7:30 - Talk

Those with last name **A though K**, please bring a dessert to share.



Temple of Philae

## WWURA NOMINATING COMMITTEE SEEKS YOUR HELP

The Nominating Committee and the Board of Directors of WWURA are looking for people who are interested and willing to serve on the Board and/or one of the committees. Three Board positions are open, one each for faculty, staff, and at-large. The committees are as follows: Healthcare, Legislative Affairs, Library, Scholarship, Travelogue, Hospitality, Membership/Publicity, Program, and Travel. If you are interested in any of these positions, please call or email Evelyn Ames, 734-3184 ([Evelyn.Ames@wwu.edu](mailto:Evelyn.Ames@wwu.edu)), Margaret Loudon, 733-6052 ([mal.iapp@clearwire.net](mailto:mal.iapp@clearwire.net)) or Larry Richardson, 671-4277 ([richardl1@yahoo.com](mailto:richardl1@yahoo.com))

*Healthcare Collaboration in Whatcom County—HInet*

The **Community Health Information Network** is alive and well in Whatcom County. The timing of events leading up to HInet include the 1990 – Vision of Seamless Care and the 1994 Whatcom Integrated Delivery System (Community Health Improvement Consortium). In 1995, St. Joseph Hospital went “live” (computer-wise) with its Community Health Record and in 1996, the Whatcom Health Information Network (HInet Program) was established. I wish to thank Lori Nichols, Director of Whatcom Health Information Network (HInet) for her assistance in providing information (via personal interview and use of her PowerPoint information).

**What is HInet?** HInet is a private intranet connecting health professionals and patients in Whatcom County. Currently, this private self sustaining Health Information Intranet includes: 180 thousand citizens, one hospital (St. Joseph Hospital), 400 physicians (99% of total physician population in Whatcom), all nine skilled nursing facilities, Community Mental Health, Medic One, the Medical Society, and Home Health. There are over 100 locations with over 2700 personal computers and over 2500 network users. HInet connects to St. Joseph Hospital’s network. Any provider in Whatcom County can be on the network. Since it costs approximately one million dollars each year to provide services and to operate, providers are assessed a fee to connect to the system. Various practices use their own electronic systems (e.g., Family Care Network and Madrona use their own systems for their providers). HInet encompasses the following:

- ✦ Hospital online robust installation of GE Carecast EMR is accessible to all physicians
- ✦ Labs and images can be obtained online
- ✦ Specialty practices (Gastroenterology, vascular labs, nephrology [kidneys], and surgery centers can import notes
- ✦ E-mail - internet access – virus & spam protection; Helpdesk phone and onsite service
- ✦ LAN consulting and implementation
- ✦ Medical reference resources online include: Micromedex; MD Consult; Medical Journals, databases, etc in electronic library; Krames Patient Education Materials; Zynx Evidence
- ✦ 40+ doc family practice using Logician EMR
- ✦ 70+ doc multi-specialty group implementing Better Health Record EMR
- ✦ Integration of practice EMRs with Hospital record & PHR
- ✦ 1200+ Shared Care Plans, Personal Health Record in use

**What patient information is included and how secure is it?** Practices and the hospital use their electronic medical record systems to document your care, and to support their billing records. There is a record that is designed for patients to keep track of their own information. The fact that we have a private network adds another layer of security onto already rigorous policies and procedures regarding role based access to medical information. All users undergo training about confidentiality and sign confidentiality agreements annually to ensure ongoing awareness of the need for careful and appropriate access. Electronic Health information systems actually afford a higher degree of security owing to the ‘fingerprints’ left by users viewing of the information. Access to records is routinely audited according to specific parameters, and is also audited ‘for cause’ if a breach is suspected. The Shared Care Plan Personal Health Record logs all access, and is a secure site with all transmissions encrypted. You can see the audit trail of access to your Shared Care Plan and control who has access to it. What is the Shared Care Plan? It is “a free, easy-to-use, personal health record that lets you organize and store vital health information.” “It can help you manage chronic conditions, coordinate the care of others, and improve your health” (www.SharedCare Plan.org). “Whatcom County is also working to integrate their Shared Care Plan with the Microsoft Health Vault Platform which will enable devices like glucometers, heart monitors and scales to populate one’s personal Health Record and Health Vault account. It will also simplify the process of connecting health information systems” (Lori Nichols, Seattle Mayor's Senior Newsletter, Feb 08).

**How can a consumer find out about his/her own medical record?** Patients can request access to their own records housed in clinic or hospital archives by completing a Request for Release form and sending it to their Medical Records Person or Health Information Management Department. Assistance with the Shared Care Plan Personal Health Record can be obtained at the Chestnut Building Lower Level where there is a small library and computers available for patient use in the Shared Care Plan Office.

## Remembering Ken Hoover

A year ago Ken Hoover was a vibrant, active member of our community. After retiring from WWU's Political Science Department, he continued to give generously of his time and talents. He became a WWURA Board member in Spring 2006, taught classes for A.L.L., and continued his 15-year service to Bellingham's City Club, which he co-founded.

Ken was committed to his family, his students, his university and his community. His untimely death last summer, one month after surgery for a brain tumor, shocked and saddened all of us.

WWU's Political Science Department has created a memorial scholarship in Ken's name to be awarded to a Political Science student who best exemplifies Ken's own love of learning. The department will match up to \$5,000 in donations. Western Washington University Foundation requires total donations of \$10,000 or more to establish a scholarship. The Hoover scholarship is an annual, not endowed, scholarship; the first one will be presented this spring.

Bellingham City Club members and WWURA members have been invited to join in this effort. If you would like to contribute, please make your tax-deductible donation to:

Western Washington University Foundation  
516 High Street – Old Main 430, Bellingham, Washington 98225-9034

Please note on your check that your donation is for the Ken Hoover Scholarship. Thank you.

WWURA Board

## *The Happy Book and Film Corner* by Lynne Masland

This month the focus is on films. Evelyn Ames suggests the film "Shirley Valentine," about a wisecracking, unpredictable English housewife who fulfills her dream of going to Greece by accepting a friend's invitation to vacation on the island of Mykonos. "The Last of the Blonde Bombshells" features Judi Dench, Leslie Caron and Olympia Dukakis in a marvelous British romp. "Saving Grace," also set in England, tells the tale of a recent widow with a large garden and estate who is helped by various folk to find new and profitable uses for her garden. And last, but not least, Steve Martin stars as the inimitable Inspector Clouseau in the latest "Pink Panther" film. Let Evelyn Ames (Evelyn.Ames@wwu.edu) know your favorites so we can include them in future columns. One book that is just too good to overlook: *In the Garden of the Gods* by Gerald Durrell continues the saga of the Durrell family on Corfu between the two world wars. The side-splitting vignettes will have you laughing out loud. Perfect for spring!



In Front of Ho Chi Minh's Mausoleum in Hanoi, Vietnam

### MARCH INTEREST GROUP MEETINGS

**Book Group:** Mar. 18, 2:30 at Evelyn Mason's, The Arctic Schoolteacher; Donna Rochon, 647-2301

**Bridge:** Mar. 25, 1:30 at Stan Daugert's; Ellen Broad, 734-5145

**Opera:** Met Live Broadcast, Richmond, BC, Mar. 15, Peter Grimes; Mar. 22 Tristan and Isolde; Evelyn Ames, 734-3184

**Biking:** Thurs. 10 am, depends on weather; Evelyn Wright 676-0227

**Skiing:** have been going Tues. depending on weather; Charlie Way, 734-0649

**\* \* \* News from WWURA's Travel Committee \* \* \***

**\* \* Exotic Asia Cruise – January 27-February 8, 2008 \* \***

What a wonderful trip...I wish all of you could have joined us! We flew into Singapore and boarded Royal Caribbean's *Rhapsody of the Seas*. The ship was about 10 years old but had been recently remodeled and looked great. We arrived at our first port, Sihanoukville, Cambodia. Some of us took a motorized tuk-tuk and went to a beautiful beach resort, Soka Beach. Miles and miles of beautiful clean, white sand beach with water that was warmer than most pools...fabulous! The surrounding town was very third-world.

Next port, Laem Chabang, was in Thailand. Prior to leaving home the group arranged for private excursions in Thailand and Viet Nam via mini vans with a driver and local guides. We had wonderful tours! So our first tour was to Bangkok which included a city tour, a boat trip along the canals, and a visit to Wat Po for a one hour Thai massage. Ever had a Thai massage? Ouch!

Then we were on to Viet Nam with stops in Saigon, Nha Trang, Hoi An, and Hanoi. They were all very fascinating cities. People were friendly and gracious. We saw many pagodas and temples, lots of motor bikes, bicycles, cyclo taxis and cars that honked their way through very crowded roads. We visited city centers, rode in a traditional wooden boat in the waters of Halong Bay, had lunches in fine local restaurants, shopped at markets, and explored a cave at Marble Mountain that had been used by the Viet Cong during the war. There were many, many highlights!

Our journey ended in Hong Kong during Chinese New Year...the year of the rat! Many of us witnessed the most incredible fireworks display. It was definitely a "big bang" to call in the New Year and a wonderful climax to a glorious trip.

**Written by Donna Kehle, trip co-ordinator**

**\* \* Upcoming WWURA Trips\* \***

\* April 20-May 12, 2008 – Turkey's Magical Hideaways – Don Rochon

Everything is ready for this trip. Bon voyage!

\* Sept. 16-Oct. 9, 2008 – Greece and Turkey – Nita Clothier

Give Nita a call at 733-7291 or look for her itinerary on the travel table.

\* Sept. 17-Oct. 1, 2008 – Music Gala at Sea – Kathy Whitmer

Cabins are still available on this cruise from Hamburg to Monte Carlo.

\* Late Sept./early Oct., 2008 – Ashland Shakespeare Festival – Barb Evans

Indicate your interest to Barb to reserve your place for this trip.

\* Jan. 17-29, 2009 – Enchanting India – Joseph Correa

Look for Joseph's colorful, detailed itinerary on the travel table at the travelogue.

\* Mar. 11-29, 2009 – Panama Canal/Costa Rica – Margaret Loudon

Details for this newest trip proposal may be found in this newsletter.

\* April/May 2009 – Balkans – Don Rochon

Let Don know if you're interested. He will have more information in May

**TRIP TO ASHLAND SHAKESPEARE FESTIVAL**

WWURA is considering another trip to the Shakespeare Festival in Ashland in late September or early October, 2008. We would travel by bus to Ashland, spend three nights giving us a chance to see four plays. Three plays by Shakespeare, *A Mid-Summer's Night Dream*, *Coriolanus*, and; "two "outrageous new comedies" - *The Further Adventures of Hedda Gabler* by Jeff Whitty and *Breakfast, Lunch and Dinner* by Luis Alfaro; as well as Arthur Miller's *A View from the Bridge*; *Our Town* by Thornton Wilder and *The Clay Cart* by Sudraka, "an action packed romantic epic from India", are being offered.

So far 13 people have expressed an interest in going and we need at least 25 people. If you are interested, please contact Barbara Evans at 650-9724 or by e-mail at [howard.evans@wwu.edu](mailto:howard.evans@wwu.edu). If we receive responses from 25 people we will set up the trip..

## Costa Rica/Panama/Panama Canal Cruise

A **great** opportunity to visit Panama/Panama Canal and Costa Rica. Chose a **cruise, land tour or both**. Your host is Margaret Loudon and the travel consultant is Joyce D. Wilson. Contact Margaret at 733-6052 or MAL.IAAP@clearwire.net and Joyce at 733-4703 (joycedwilson@comcast.net). Margaret retired from WWU Publishing Services in 2006.

### **Panama Canal to Costa Rica—Between Two Seas,**

**March 11-20, 2009**

Spend 10 days/9 nights aboard the *Pacific Explorer* with Cruise West. **\$3,486 ppdo** with a \$700 deposit required to reserve cabin. Includes all port charges, meals and gratuities.

**Day 1:** Arrive in **Panama City** and transfer by bus to Colon on the Caribbean coast to board the Pacific Explorer. D

**Day 2:** Visit **San Blas Islands**. Step ashore at a Kuna Indian village. BLD

**Day 3: Portobello.** Guided walk of town and visit to an old Spanish fort and, tides permitting, explore a mangrove forest of the Duarte River by small craft. BLD

**Day 4: Panama Canal.** Transiting the Panama Canal is an unforgettable experience. BLD

**Day 5: Darien Jungle.** Visit a remote Embera village on the coast of the Darien Jungle. BLD

**Day 6: Granito De Oro in Coiba National Park** Enjoy a day of snorkeling and kayaking. This island of pristine waters and abundant sea life is considered one of the top 10 diving locations in the world. BLD

**Day 7: Golfo Dulce** Take a guided tour through the beautiful gardens at Casa Orquideas. See, smell, and touch a wide variety of beautiful ornamental plants and taste some unusual fruits. BLD

**Day 8: Caletas Beach** Discover the Corcovado Conservation area, a pristine rainforest, populated by pumas, tapirs, poison dart frogs, and jaguars with guided walks and a picnic at the beach. BLD

**Day 9: Manuel Antonio National Park** Naturalists will lead walks to outstanding wildlife viewing sites with over 109 mammal species and 184 bird species including monkeys, iguanas, agoutis, sloths and the rare turquoise cotinga. BLD

**Day 10: San Jose** Disembark in Los Suenos and transfer to San Jose to continue trip or for flight home.

[www.cruisewest.com](http://www.cruisewest.com)

### **Costa Rica Natural Paradise**

**March 20 – 29, 2009 - coincides with WWU**

**Spring break.** Spend 10 days/9 nights in Costa Rica touring with Caravan. **\$1,095 PPDO** all inclusive (2008 price) with a \$300 deposit required to reserve space.

**Day 1:** Transfer to your hotel, have dinner and join Caravan for an 8 p.m. briefing. D

**Day 2: Poas Volcano and San Jose City Tour** Visit Poas Volcano, Plaza de la Cultura, Central Park, National Theatre, National Museum. BLD

**Day 3: Rainforest Aerial Tram** Scenic drive through Braulio Carrillo Park. Glide through the jungle canopy on the rainforest aerial tram ride, hike, butterfly garden, cruise rivers & canals to 47,000 acre Tortuguero National Park. BLD

**Day 4: Tortuguero Park, Canal Cruise** Cruise canals to see monkeys, iguanas and tropical birds, visit Green Turtle Research Station, and walk along Atlantic turtle nesting beaches. Boat excursion into Tortuguero Park. BLD

**Day 5: San Carlos Valley, Fortuna** Morning cruise on Tortuguero River, visit a banana plantation, Selva Verde Rainforest Reserve with 300 foot long suspension bridge, then on to San Carlos Valley. BLD

**Day 6: Cano Negro, Hot Springs, Arenal** Cruise Rio Frio through Cano Negro wildlife refuge. Return to Fortuna, relaxing soak in volcanic hot springs, see Arenal Volcano's glowing lava flow. BLD

**Day 7: Cloud Forest Hike** Drive by Children's Eternal Rainforest, enter a cloud forest reserve for a guided walk. BLD

**Day 8: Pacific Coast, Manuel Antonio** Drive by Carara Biological Reserve, visit Manuel Antonio with 3 pristine beaches. Leisure afternoon. BLD

**Day 9: Sarchi, Coffee Plantation** Visit Sarchi to view the painted ox carts and colorful handcrafts, see the metallic church of Grecia, visit a coffee plantation. BLD

**Day 10: San Jose** Breakfast at hotel and transfer to airport. B

[www.Caravan.com](http://www.Caravan.com)

**WWURA Calendar**

**March**

19 Travelogue, Wade Marlow

**April**

1 Board meeting

**April/May 2008**

20-12 Turkey's Magical Hideaways

15 Spring Banquet

**September/October 2008**

17-1 Classical Music Cruise II

16-10 Greece & Turkey

**January, 2009**

17-29 Taste of India

**March 2009**

11/29 Panama/Costa Rica

**April/May 2009**

Balkans



China Beach, Da Nang, Viet Nam

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